

Great News from Fitness World West!

For State of Iowa Employees

The best investment you'll ever make is your own health. Take advantage of this exciting offer for State of Iowa employees. Feel better, look better, and live longer. **Get More out of Life!**

To receive these great rates it is very important that you return this form along with your current payroll stub and check or credit card information to Fitness World West, 3200 Westown Parkway, West Des Moines, IA 50266 by **Friday, July 1st, 2005**. The number of participants from the State of Iowa who take advantage of this offer determines the success of this program. Please pass this information on to your coworkers who are interested in a great membership offer. Providing that enrollment meets the participation requirements set by Fitness World West, the membership will be offered for an additional six months in January. The dates of membership for this term will be **July 3rd, 2005 through January 3rd, 2006**. You can start whenever you want, but all memberships expire January 3rd, 2006. So don't put off exercise any longer. We look forward to serving your health and fitness needs.

- ♦ 75 Aerobics Classes Weekly **Included** (Yoga, Pilates, Step, Group Cycling, Boot Camp, Kick Boxing, Aquatics, Arthritis Classes & more)
- ♦ Great Hours (Monday through Friday 5:30 AM to 11PM, Saturday and Sunday 7AM to 7PM)
- ♦ 2 Olympic Sized Weight Rooms (Hammer Strength, Life Fitness, Nautilus, Cybex, Icarian, Ivanko, BodyMasters)
- ♦ Indoor Heated Pool, Whirlpool, Sauna, and Steam Room
- ♦ Cardio Theater – 16 Television and 8 Music Station Entertainment Center
- ♦ **BRAND NEW!** Treadmills, Bikes, Elliptical Trainers, Stair Steppers, Cross Trainers, Stair Mill
- ♦ MicroFit Computerized Health Evaluations and Program Consultations every 8 weeks, **Free with your membership!**
- ♦ Professional Degreed and Certified Personal Trainers and Fitness Instructors
- ♦ Indoor Track-banked and cushioned rubber
- ♦ Nursery & Kid's Gym available
- ♦ Free Family Swim Times – **LET THE KIDS SWIM FREE!**
- ♦ Locker Rooms-with all the amenities provided
- ♦ Tanning
- ♦ Health & Snack Bar and supplements
- ♦ Outdoor Volleyball
- ♦ Outdoor Sundeck and Patio
- ♦ Discounts on Personal Training available
- ♦ www.fitnessworldwest.com

Fitness World West Membership Application for State of Iowa

Name _____ Address _____ Apt# _____
Home Phone _____ City _____ Zip Code _____
Work Phone _____ Work Department _____
Spouse _____ e-mail _____

Children between 12 and 21 years of age to be included on this membership _____

Six Month Membership Type: (Circle One) Single 119.95* Couple 247.15* Family 310.75*

Check # enclosed _____

*Tax Included

OR

Credit Card number _____ Zip code _____ Exp. Date _____

Signature _____ **Please enclose a current copy of a payroll stub as proof of employment.
Non-refundable / non-cancelable membership*